



Expedited Return to Work Protocols for Select Colleagues

Change will help address the staffing challenges some departments are experiencing.

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Complete Steel Structure of Cancer Center at LVH– Hazleton

Watch the topping off ceremony and celebrate the construction milestone.

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September 2022 Calendar of Events

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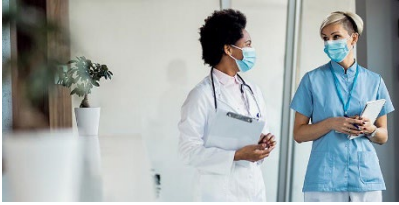


How Men's Health Needs Change Through the Years

Here's how to take charge of your well-being, no matter how old you are.

[Read more →](#)





Expedited Return to Work Protocols for Select Colleagues

Change will help address the staffing challenges some departments are experiencing.

LVHN Insider

Tuesday, September 6, 2022

Although COVID-19 is still with us, evidence shows that illness caused by the latest variants is less severe. Hospitalizations and the number of COVID-19 patients in our ICUs have remained stable. As a result, changes are being made to LVHN's return to work protocols that will allow select colleagues with confirmed COVID-19 to return to work on day 5 if they continue to test positive. This change will help address the staffing challenges some departments are experiencing due to a national shortage of health care workers.

Criteria for expedited return to work for colleagues with confirmed COVID-19 who persistently test positive after day 5:

- The colleague must work within patient care services or another clinical area and have mission-critical patient care responsibilities, including nurses, physicians, advanced practice clinicians, respiratory therapists, medical assistants, technical partners, radiology technicians, etc.
- The colleague must work in a department experiencing staffing challenges that could compromise hospital or practice operations and patient safety.
- All other coverage options have been explored and exhausted.
- The colleague's job responsibilities cannot be performed remotely.

To be considered for expedited return to work without a negative test, the colleague must:

- Be at least five days from symptom onset (day 0 is the date symptoms began)
- Have no fever for at least 24 hours without the use of fever-reducing medications
- Experience improvement in symptoms
- Attest to feeling capable of returning to work and performing job responsibilities

Colleagues approved for expedited return to work must do the following while at work through day 10:

- Wear an N-95 mask at all times, including when in non-patient care areas such as break rooms and cafeterias
- Remain separated and physically distanced from others when eating or drinking

- Practice physical distancing from others whenever possible
- Self-monitor for symptoms and seek re-evaluation if symptoms reoccur or worsen

Process for requesting expedited return to work:

- The colleague must contact the local employee health services office after testing positive for COVID-19. At this time, employee health services will determine if the colleague is eligible for expedited return to work. If so, employee health will send an Expedited Return to Work Form to the colleague.
- If the colleague meets the criteria above, the colleague emails the completed Expedited Return to Work Form to the local employee health services office and copies their manager.
- Manager is responsible for assuring the colleague is compliant with the requirements outlined above.

Request for colleagues outside of patient care services

Leaders (administrator or higher) of colleagues outside of patient care services and other clinical areas may submit requests for consideration to Employee_Health_CedarCrest@lvhn.org. The email subject line should read:

- **Approval needed for expedited return to work: _____ department/service**

In the email, the leader must clearly outline the challenges facing their program or team and attest that the following is true:

- Staffing shortage is hindering staffing of mission-critical responsibilities.
- Failure to provide staffing could compromise operations and/or patient safety.
- All other coverage options have been explored and exhausted.
- Work cannot be performed remotely.



Complete Steel Structure of Cancer Center at LVH– Hazleton

Watch the topping off ceremony and celebrate the construction milestone.

LVHN Insider

Friday, September 2, 2022

LVH–Hazleton colleagues, network partners and others gathered on Sept. 1 to celebrate a construction milestone with a beam raising ceremony for the new cancer center slated to open in late summer 2023 on the hospital campus. The event was broadcast live on [LVH–Hazleton’s Facebook page](#) and featured remarks from LVHN Northwest Region and LVH–Hazleton President Terrence Purcell, Lehigh Valley Topper Cancer Institute Physician in Chief Suresh Nair, MD, and LVH–Hazleton and LVH–Schuylkill Cancer Centers Practice Lead Michael Evans, MD.

The new cancer center will be part of [Lehigh Valley Topper Cancer Institute](#), which offers leading-edge cancer treatments and clinical trials to individuals within their own community. The Cancer Institute is also one of only three cancer centers in the country participating in the [Memorial Sloan Kettering \(MSK\) Cancer Alliance](#), which provides patients with additional lifesaving care options.

When completed, the new cancer center will have three floors and include the Lehigh Valley Physician Group (LVPG) Hematology Oncology physician practice, an expanded infusion suite with private therapy rooms, expanded telemedicine capabilities and a session suite for rotating cancer specialists. The centerpiece of this new cancer center will be a state-of-the-art linear accelerator with a CT simulator that can deliver precision stereotactic radiation therapy to treat cancer.

The Greater Hazleton community and surrounding regions will benefit greatly from this advanced cancer facility. We are proud to build upon and enhance the current cancer services offered at the LVHN Cancer Center on the Airport Beltway in Hazle Township.





LVHN's Pet Adoption Assistance Program Helps You Find Your New Best Friend

LVHN will contribute up to \$250 toward a recent qualifying rescue pet adoption to the first 50 colleagues who apply.

LVHN Insider

Thursday, September 1, 2022

Have you been thinking about adding a furry family member to your household? Rescuing an animal can be a rewarding experience for you, your family and the pet. Now is the purr-fect time to add large doses of happiness to your home and save a life at the same time.

Pets have a relaxing effect and petting an animal can even improve your mood. Studies show that spending time with your animal helps increase oxytocin levels and reduces cortisol, the infamous stress-related hormone. Pets can help alleviate anxiety and depression, and interactions with them can help people manage many mental health conditions. Even the sound of a cat purring can be soothing.

Once again, LVHN is offering Pet Adoption Assistance to the first 50 colleagues to complete this form along with proof of rescue receipt.

This unique benefit will contribute up to \$250 toward a recent qualifying rescue pet adoption. Interested colleagues have until Dec. 31, 2022, to submit their information.

Please send all information to BENEFITS_LOA@lvhn.org. If you have questions, please call the Colleague Resource Center at 844-462-7547, option 4.

Most importantly, don't forget to include a picture of your new furry family member!



September 2022 Calendar of Events

See what's happening at LVHN all month long.

LVHN Insider

Friday, September 2, 2022

From fun events, to month-long celebrations, to sales in our gift shops, there is so much going on at LVHN! You'll find it all on September's calendar of events. Print the calendar below, post it in your department, get involved and take advantage of everything LVHN has to offer our colleagues.

Cool Colleague Calendar
Hispanic Heritage Month Sept. 15-Oct. 15

Lehigh Valley Health Network

Aug. 31-Sept. 5 The Great Allentown Fair All day	LVHN Gift Shop Spring/Summer Clearance All day 30% off all 1979/summer items	LVHN Cedar Crest Gift Shop Cart 12-2 p.m. Kasch Family Pavilion	LVHN Gift Shop Wacky Wednesday All day 20% off all fall color items
Sept. 1 Weight Watchers Mystery Box Promotion Visit mhbh.com	LVHN-Hulenberg Gift Shop Cart 11 am-1 p.m. Tower, south side, 2997 building	LVHN Gift Shop Wacky Wednesday All day, buy more, save more on handbags, clothing and jewelry	Sept. 22 Lehigh Valley Heart Walk American Heart Association To sign up, visit Heart.org/lehighvalleywalk
My Total Health 50-Point raffle drawing Visit mhbh.com	LVHN-Hulenberg Gift Shop Cart 11 am-1 p.m. North side and tower	Sept. 15 LVHN-Hulenberg Gift Shop Cart 11 am-1 p.m. North side and tower	Sept. 28 LVHN Gift Shop Wacky Wednesday All day 20% off inspirational gifts
LVHN Gift Shop Spring/Summer Clearance All day 60% off spring and summer items	Sept. 8 LVHN-Cedar Crest Nursing Support Internship Day 2-6 p.m. Kasch Family Pavilion	Sept. 17 LVHN-Cedar Crest Nursing Student Conference All nursing students welcome 8 am-4 p.m. Kasch Family Pavilion	LVHN-Cedar Crest Gift Shop Cart 12-2 p.m. 1550 building
Sept. 5 Labor Day	Sept. 9 Wear a Jersey to Work Day	Sept. 21 World Gratitude Day All day Send an e-card of gratitude to someone on Partner Points	Sept. 29 My Total Health Heart-Based Stress Reduction begins in-person Visit mhbh.com
Sept. 7 LVHN-Cedar Crest Anniversary Celebration	Sept. 11 Patient Day	Sept. 12 LVHN-Hulenberg Gift Shop Cart 12-2 p.m. 1220 and 1240 buildings	LVHN-Hulenberg Gift Shop Cart 11 am-1 p.m. Northside and tower
LVHN Gift Shop Wacky Wednesday All day 20% off all Halloween items	Sept. 14 My Total Health Virtual Worth the Weight begins Visit mhbh.com	Sept. 14 LVHN-Cedar Crest Gift Shop Cart 12-2 p.m. Tower, south side, 2997 building	Sept. 30 LVHN-Cedar Crest Gift Shop Open Until 11:30 p.m. 9 am-11:30 p.m. Treat Top Gift Shop

Kellyn Mobile Market:

LVHN-Cedar Crest Kasch Family Pavilion Sept. 7, 14, 21 3-5 p.m.	LVHN-Hulenberg Main entrance parking lot Sept. 7, 14, 21 3:30-6 p.m.	LVHN-19th Street In front of Family Promise Sept. 6, 13, 20, 27 11:30 am-1 p.m.	LVHN-Heddtown Oaks Cancer Institute parking lot Sept. 6, 13, 20, 27 10:30-11 am.	LVHN-Pocono Parking lot corner of Prospect and Centre Sept. 6, 13, 20, 27 10:30-11 am.	LVHN-Che City Center LVHN Fitness front desk, Third floor Sept. 28 11:30 am-12:30 p.m.
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Scan the code or visit mhbh.com to register for My Total Health.

Download and print the calendar below to post it in your department.



Join Us at a Local Amusement Park for LVHN Colleague Days

Don't miss out on the fun at Dorney Park on Sept. 18 or Knoebels Amusement Resort on Oct. 8.

LVHN Insider

Thursday, September 8, 2022

You work hard to provide excellent care at LVHN. You deserve to unwind and have some fun. That's why LVHN is hosting LVHN Colleague Days.

You are invited to attend one of three LVHN Colleague Days at local amusement parks.

Park days and how to register

LVHN is sponsoring a park day for you and one guest to visit one of three parks on us. These events are rain or shine. Parking is provided for one car per colleague.

You will need your employee ID to register for the event you select. Your employee ID can be found by clicking the “LVHN – CRC Lawson” icon on your SSO toolbar.

Dorney Park: Sept. 18

- Visit www.dorneypark.com/LVHN2022 to start your registration.
- Select “Employee Event Package” for a free ticket for you and one guest. Select either one or two guests and select “Next.” Any additional tickets will not be included as part of this package.
- Add your employee ID number as the gift code and select “Next.” Your employee ID can be found by clicking the “LVHN – CRC Lawson” icon on your SSO toolbar.
- Now, you can choose to check out or continue shopping.
- You also can purchase additional tickets at a discounted rate of \$30.12 per person. Select “Guest Event Package” and the number of tickets you need.
- Once you have finalized your selections, check out and print your tickets.
- Registration for Dorney Park closes at midnight on Thursday, Sept. 15.

Knoebels Amusement Resort: Oct. 8

- [Click here to register for a day at Knoebels.](#)
- You will receive \$25 in ride tickets to split between you and your guest, which you can pick up in-person on the day of the event.
- Food is included for each colleague and their one guest. This food will be available at Pavilion 5 during scheduled meal times.
- Colleagues can register additional guests for meals on the link and pay under the pavilion at the cost of \$12 per person and buy ride tickets at the Knoebels ticket booths.
- Registration closes at midnight on Tuesday, Sept. 27.

Other important information

- You must register before the day of the event.
- If the registration webpage is not working, it may be due to high traffic. If this occurs, register online at another time with this assurance that these events are not on a first-come, first-serve basis.
- You cannot choose more than one park day.
- These events are not mandatory for colleagues.
- Two tickets are complimentary for each LVHN colleague. Additional tickets must be purchased at the venue or online.
- Tickets to these events are not subject to income tax.

Thank you to the more than 500 colleagues who joined us for the LVHN Colleague Day at Camelbeach Outdoor Waterpark on Aug. 28. It was a blast!



We hope you will join us at one of the remaining LVHN Colleague Days. Thank you for all you do to make LVHN a Great Place to Work and to receive care.



Ring In the Start of Football Season by Repping Your Favorite Team

Show team spirit by wearing a football jersey on Friday, Sept. 9.

LVHN Insider

Friday, August 26, 2022

Cooler weather is just around the corner, and with it comes the start of football season. To celebrate the start of the season, wear the jersey of your favorite team to work on Friday, Sept. 9. Share your spirit as part of one LVHN team.

You can wear a jersey supporting any football team you like. Keep apparel work-appropriate and remember that hats are prohibited. Your manager has final discretion on appropriate workplace attire.

Bring more joy into the workplace by showing your team pride and being #LVHNProud. Comment about who you are excited to see head back onto the field this fall or your predictions for Super Bowl LVII.



Let's Go, Phantoms!

Discounted tickets for pre-season and opening night are now available.

Donna Stout

Thursday, September 1, 2022

The LVHN Recreation Committee has coordinated discounted ticket offers for Lehigh Valley Phantoms Hockey games. Discounted ticket offers are added monthly. We do not have control over which games are offered to us, but there will always be a few games per month where you can save a few dollars.

This discount is **NOT** available at the ticket office – only online through the dedicated link below.

There are online ticketing fees added to the cost of the ticket when you checkout. Ticket prices vary for each game. You will need to check the ticketing website.

Upcoming early season offerings

- Flyers vs. Rangers Rookie Series – Game 1 – Friday, September 16, 7:05 PM – Tickets from \$10.00
- Flyers vs. Rangers Rookie Series – Game 2 – Saturday, September 17, 5:05 PM – Tickets from \$5.00
- Phantoms vs. Cleveland Monsters – Opening Night – Saturday, October 22, 7:05 PM – Tickets from \$15.00

To order: <https://fevo.me/3B1Vjt>

Check back often for new offers.

NEWS ANNOUNCEMENT

Philips CPAP Masks Recall

See which masks are being recalled and what you should do if you have one.

By Richard Martuscelli
September 8, 2022



LVPG Pulmonary became aware of a recall on certain CPAP masks manufactured by Philips as of Sept. 7, 2022. The masks that are part of the [Food and Drug Administration \(FDA\) recall](#) have magnets that may interfere with the functioning of certain implantable devices. While reported serious events are rare, the devices that may be impacted include:

- Cardiac pacemakers
- Cardioverter defibrillators
- Brain stents
- Aneurysm clips
- Ventriculoperitoneal shunts
- Ocular implants
- Magnetic denture attachments
- Insulin pumps
- Certain neurostimulators used in and around the neck, cochlear implants, or any metallic implanted medical device affected by magnets

[See which masks are being recalled and what you should do if you have one.](#)

The masks that are currently part of the recall are:

- Philips Respironics DreamWisp Nasal Mask
- Philips Respironics DreamWear Full Face Mask
- Philips Respironics Amara View Full Face Mask
- Philips Respironics Wisp and Wisp Youth Nasal Mask
- Philips Respironics Therapy Mask 3100 NC/SP

If you are a patient at risk for complications associated with a mask in question, we recommend you reach out to your DME supplier to facilitate a mask exchange or contact Philips Respironics' customer service at 1-800-345-6443 (Monday-Friday, 8:30 a.m.- 8 p.m. ET) for more information about non-magnetic mask options.

PATIENT STORY

Finding a Midwife Next Door

At 28-weeks pregnant, Yvett Busche came to Lehigh Valley Health Network for exceptional care.

By Hannah Ropp



Yvett Busche always knew she wanted a midwife during her pregnancy. Her decision stemmed from watching a family member's birth experience years earlier.

“It didn't seem like she had a lot of control over her birth or postpartum care. I wanted someone who was really focused on the care and bond of mother and baby and after some research it seemed like a midwife was the best option for me,” she says.

Busche used a midwife three years ago when she had her daughter in North Carolina and was happy with her experience. Although she knew she wanted to use a midwife again when she found out she was pregnant with her second child, the birthing center near her home in Hamburg didn't offer midwives.

Complications to consider

Busche continued to search for a midwife during her pregnancy but ran into a roadblock when she was diagnosed with intrauterine growth restriction (IUGR), during her first ultrasound.

IUGR is a condition where the baby does not grow as expected. The condition meant that Busche was classified as high-risk and could no longer safely deliver with a midwife. However, after speaking to other providers and doing research on her own, Busche felt IUGR wasn't a dire condition and shouldn't compromise her wishes or her care plan.

“The baby was continuing to grow, and we were both doing well so I didn't really feel like I should be a high-risk pregnancy. It was frustrating because when I voiced my concerns they were often brushed aside,” she says.

A solution next door

Busche grew increasingly uncomfortable with her care throughout her pregnancy. “There was nothing wrong with the care itself, I just didn’t have a connection to any of the providers and that was something I craved,” she says.

“I feel like as women and mothers, we have a certain amount of instinct or intuition when it comes to our pregnancy. If you are not comfortable with the level of care you are being provided or you feel like you aren’t being listened to, it’s important to find a different provider.” - Yvett Busche

She knew that her neighbor, [Sherilyn Gibbs, CNM, DNP, Chief, Midwifery, LVHN](#), was a midwife with LVHN, but was initially hesitant to reach out to her because she didn’t want to complicate their relationship. After several months, she finally asked if Sherilyn would be able to help, and was glad she did.

“Sherilyn made me feel immediately at ease and put me in touch with all the people and resources,” Busche says.

Even though Busche was 28-weeks pregnant, she chose to switch her care to [LVPG Obstetrics and Gynecology–Red Horse Road](#) so that she could choose to have a midwife care for her during and after her pregnancy.

Happy and healthy mother and baby

Busche worked closely with her midwife at LVPG Obstetrics and Gynecology for the remainder of her pregnancy and felt a connection that helped put her at ease. “I really felt that my midwife worked with me and listened to me,” she says.

On June 28, Busche delivered a healthy baby girl, Harper, 7 pounds 3 ounces, at Lehigh Valley Hospital–Cedar Crest. She says her only regret is not making the switch to LVPG Obstetrics and Gynecology sooner. She urges other expectant mothers to follow their intuition, or as she calls it, “momtuition”.

“I feel like as women and mothers, we have a certain amount of instinct or intuition when it comes to our pregnancy. If you are not comfortable with the level of care you are being provided or you feel like you aren’t being listened to, it’s important to find a different provider,” Busche says.

HEALTH TIP

Getting Enough Shut-eye Promotes Better Heart Health

American Heart Association’s heart health list adds sleep as a key factor

By Joe Nixon



Famed actor and comedian W. C. Fields once joked that the best cure for insomnia was to get a lot of sleep.

On a serious note, however, we know getting a good night's rest also is good for your heart. It's so beneficial that the American Heart Association (AHA) recently upgraded its Life's Simple 7™ cardiovascular health checklist to [Opens in new tabLife's Essential 8™](#), adding sleep as a factor for optimal heart health. In releasing its findings, the AHA said the latest research shows people with healthier sleep patterns better manage weight, blood pressure and their risk for type 2 diabetes.

[“Cardiovascular disease remains the number one cause of death in the U.S. and globally, but the good news is there are many things we can do to positively influence our heart health.”](#) - Eric Elgin, MD

[How much sleep is right for you?](#)

The AHA says adults should ideally get 7-9 hours of sleep each day. Children 5 and under should get 10-16 hours of sleep each 24 hours, while those 6-12 should be getting 9-12 hours. Youth 13-18 should be getting 8-10 hours of shut-eye.

Did you know?

[The Centers for Disease Control and Prevention says more than a third of Americans are sleep deprived and get less than seven hours of sleep per night.](#)

Sleep experts at the National Institutes for Health (NIH) say sleep affects nearly our entire body, including growth and stress hormones, our immune system, appetite, breathing, blood pressure and cardiovascular health. A lack of sleep can even produce diabetic-like conditions in otherwise healthy people, says the NIH.

The eight in Life's Essential 8

So, what's in Life's Essential 8 in addition to sleep? The other seven factors are:

- Diet (Updated with a new guide to assess diet quality)
- Physical activity
- Nicotine exposure (Updated to include e-cigarettes and vaping devices)
- Body mass index
- Blood lipids (Updated to monitor non-HDL cholesterol versus total cholesterol)
- Blood glucose (Updated to include the option of hemoglobin A1c testing for people with or without type 1 or type 2 diabetes or prediabetes.)

- Blood pressure

“Cardiovascular disease remains the number one cause of death in the U.S. and globally, but the good news is there are many things we can do to positively influence our heart health,” says [Eric Elgin, MD](#), Chief of Cardiology with [Lehigh Valley Heart and Vascular Institute](#). “Taking control of your heart health is important and all of us at Lehigh Valley Health Network and Lehigh Valley Heart and Vascular Institute are here to help you on your journey.”

HEALTH TIP

Raising Awareness for Sickle Cell Disease

This inherited blood condition affects about 100,000 people in the U.S.

By Maggie Wurst



While you may have heard the term sickle cell disease, you may not know exactly what the condition is and who it can affect.

Sickle cell disease is an inherited blood disorder, meaning that it is passed down genetically. People who have the condition require lifelong medical management, but thanks to advances in medicines and treatments, they can live full lives while taking some precautions.

To raise awareness for sickle cell disease, Emily Hartman, patient care manager of [Lehigh Valley Reilly Children’s Hospital’s Children’s Cancer and Multipurpose Infusion Center](#), shares answers to common questions people have about this condition:

What is sickle cell disease?

Sickle cell disease is characterized by defective hemoglobin (a protein that carries oxygen throughout the body), which affects red blood cells.

Normal red blood cells are smooth, round and flexible, which allows them to move through blood vessels easily.

Sickle cell disease causes red blood cells to be stiff, sticky and shaped like the letter “C.” Unlike healthy red blood cells, these sickle cells cluster together and have trouble moving through blood vessels.

“If a blockage forms, it will keep oxygenated blood from traveling to parts of the body that need it,” Hartman says. “This can cause a lot of pain, and it can also lead to other serious health conditions like stroke or problems with the lungs and spleen.”

“Children can also be born as carriers of the sickle cell trait without having the disease.” - Emily Hartman, patient care manager of Lehigh Valley Reilly Children’s Hospital’s Children’s Cancer and Multipurpose Infusion Center.

How common is sickle cell disease?

According to the [Centers for Disease Control and Prevention](#), sickle cell disease affects approximately 100,000 people in the United States.

While anyone can have [sickle cell disease](#), it is most often diagnosed in individuals with African, South American, Caribbean, Central American, Mediterranean, Saudi Arabian or Indian ancestry.

What causes sickle cell disease?

Individuals with sickle cell disease are born with the condition, which they inherit from both of their parents (who either have the disease themselves or are carriers of the sickle cell trait).

“Children can also be born as carriers of the sickle cell trait without having the disease,” Hartman says.

Sickle cell disease is most often diagnosed through newborn screening blood tests, which are standard in most states.

How is sickle cell disease treated?

There is no universal cure for sickle cell disease but continued monitoring and medical care can help individuals live their healthiest lives and prevent complications, including episodes of pain (known as pain crises), infections, acute chest syndrome, splenic sequestration (when too many blood cells get trapped in the spleen) and stroke.

In early childhood, individuals with sickle cell disease take penicillin daily and receive specific vaccines to prevent life-threatening infections. To prevent and treat the other complications of sickle cell disease, many patients receive blood transfusions and take medications on a regular basis. One specific medication, hydroxyurea, is widely used to prevent complications in individuals with severe sickle cell disease. Children who qualify for the medication often begin taking it before age 2.

In addition, some individuals with severe sickle cell disease may also be eligible for a stem cell transplant.

[Sickle cell disease expertise at Lehigh Valley Reilly Children’s Hospital](#)

At the Children’s Cancer and Multipurpose Infusion Center, Hartman and her fellow clinicians have vast experience caring for children with sickle cell disease.

“Our doctors and nurses offer many of the latest treatments for sickle cell disease and work directly with families to educate them on their child’s condition and what to expect from treatment,” Hartman says.

Patients with sickle cell disease and their families also have access to a social worker, community health worker and [child-life specialists](#).

“We aren’t just here to provide treatment – we are on a mission to provide support and help our patients and their loved ones live full and happy lives,” Hartman says.

Hartman and her colleagues took this mission a step further this past May, hosting an education and recreation event at Dorney Park & Wildwater Kingdom for sickle cell disease patients and their families.

“The event was a great way to educate families on summer safety tips, but it was also a chance to give back to our patients,” Hartman says. “Being diagnosed with a lifelong condition can be tough for kids, and we were so glad that we could give them an opportunity to have fun with their families and care team outside of the clinic.”

HEALTH TIP

How Men’s Health Needs Change Through the Years



At certain times of our lives and when our health concerns are few, it is easy to feel invincible and put off routine or preventive care. But your greatest superpower is taking charge of your well-being. Here’s how to get started, no matter how old you are.

Your 20s:

Quit smoking – better yet, don’t start. Limit alcohol to two drinks per day. “Fuel your mind and body with fruits and vegetables, plenty of protein and healthy fats from nuts and olive oil,” says [Daniel Pedersen, DO, LVPG Family Medicine–Schuylkill Medical Plaza](#).

Visit your primary care provider for yearly checkups. There, you'll get screened for high blood pressure, cholesterol and sexually transmitted diseases. Stay safe by avoiding distracted driving, using contraception, getting a yearly flu shot and wearing a bike helmet.

Your 30s:

Keep your body active by aiming for 150 minutes of moderate aerobic exercise and two or more muscle-strengthening sessions weekly. "Continue eating a heart-healthy diet low in saturated and trans fats," says [Kevin Cowell, DO, LVPG Family Medicine–Hecktown Oaks](#).

If you haven't already, gather your family history of cancer, heart disease and other conditions. Share this information with your health care provider.

Your 40s:

Between finances, work and family, men face many pressures. "Save time to unwind and connect with others," Pedersen says. "If you feel overwhelmed or hopeless, talk with your health care provider."

Also ask about screenings for diabetes and some cancers, including colorectal and prostate. Tests can find these diseases early when they're easier to treat. The best schedule depends on your personal and family health history.

["It's never too late to make healthy changes." - Daniel Pedersen, DO](#)

Your 50s:

Continue the conversation about screenings. You might need to add tests for hepatitis C and lung cancer to your schedule.

Also ask your health care provider about vaccines. "In addition to flu and COVID-19 vaccines, get one for shingles, a virus that causes a painful rash," Cowell says.

Your 60s and Beyond:

Continue regular checkups. Follow your provider's guidance on screenings, and on treatments for existing health conditions. Once you reach 65, get shots for pneumonia.

"It's never too late to make healthy changes," Pedersen says. If you can't get 150 minutes of exercise per week, any amount of movement helps. So does a diet rich in fruits and vegetables, whole grains, nutrient-rich proteins and healthy fats.
